

The World Renewal

Monthly

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19



1. Abu Road (Shantivan): Inaugurating the Media Conference & Exhibition - 2005, (R-L) Bro. S.V. Kapil, Director, AIR, Delhi, Bro. Mahadevan Kutty, Associate Editor, New Indian Exp.; B.K. R.R. Fuliya, Divisional Commissioner, Hisar; Dadi Prakashmani; Dadi Hriday Mohini; B.K. Om Prakash, and others 2. Abu Road (Shantivan): Inaugural Ceremony of National Conference on "Values in Healthcare & Meditation Retreat (L - R) Dr. Banarasi Lal; Dr. Niranjana Shah, Dr. Prem Masand; Dadi Ratan Mohini; Dadi Hriday Mohini; Dr. Ram Babu Harit, former Minister, Govt. of U.P.; Dr. V.N. Shrikhande, Mumbai Hospital; Dr. Ashok R. Mehta.



1. Chandigarh: B.K. Achal tying Rakhi to H.E. Bro. A.R. Kidwai, Governor, Haryana. 2. Cuttack: B.K. Sulochna tying Rakhi to Hon'ble Justice Surjit Burman, Chief Justice, Orissa High Court. 3. Coimbatore: Tamilnadu's Governor H.E. Surjit Singh Barnala being tied Rakhi by B.K. Shanta. 4. Bangalore (V.V. Puram): B.K. Ambika tying Rakhi to H.E. Bro. T. N. Chaturvedi, Governor, Karnataka. 5. Dehradun: Utranchal's Governor, H.E. Bro. Sudershan Agarwal being tied Rakhi by B.K. Manju. 6. Lucknow: Uttar Pradesh's Governor H.E. T. Rajeshwar with B.K. Radha, B.K. Manju, B.K. Sita, and B.K. Anju posing for a photograph after the Governor was tied Rakhi. 7. Gandhinagar: B.K. Sarla tying Rakhi on the wrist of Gujarat's Governor, H.E. Bro. Nawal Kishor Sharma. 8. Imphal: B.K. Neelima applying the Tilak of Soul-Consciousness on the forehead of Manipur's Governor H.E. Bro. S.S. Sandhu. 9. Delhi (Shaktinagar): Delhi's Lt. Governor, H.E. Bro. B.L. Joshi listening to the Godly Message attentively, after being tied Rakhi by B.K. Chakradhari. B.K. Rani and Geeta are also present. 10. Hyderabad: B.K. Kuldeep tying Rakhi to Andhra Pradesh's Governor H.E. Bro. Sushil Kumar Shinde. 11. Kolkata: B.K. Kanan tying Rakhi to West Bengal's Governor, H.E. Bro. Gopal Krishan Gandhi. 12. Kathmandu: B.K. Kiran is seen tying Rakhi on the wrist of the Speaker, House of Representatives, Bro. Taranath Rana Bhaat. B.K. Sis. Kusum is also seen.

Godly Service Report

BANGALORE

"Kempe Gowda's Award for the Year 2005" was presented to Sister B.K. Geetha, Centre in-charge of Koramangala center, Bangalore by the Bangalore City Corporation in connection with the spiritual services done in the area of Bangalore.

This award is presented on the remembrance day of Sri Kempe Gowda to people rendering their services in different fields of society. This award was presented in a public function by Ms. Tejaswini Ramesh, Member of Parliament, and Shri Mohan, local Corporator.

JALGAON-JAMOD (Maha.)

"Inter Religious Harmony"

A spiritual get-together for Muslims arranged at the B.K. Centre was attended by eminent Muslims, educationists, Principal of Urdu School, teachers, spiritualists, business magnets, eminent persons and the general public.

B.K. Sunita, Centre In-charge welcomed the audience and explained that the aim of the get-together was to unite the hearts of the followers of all religions at the level of *Roohaniat* (spirituality).

B.K. Bro. Ram Niwas emphasized the unity of mankind and further stressed that the teachings of Kuran Sharif and Shrimad Bhagwat Gita are not for any particular religion but for humanity at large.

Brother K.D. Khan, Principal of Urdu Madarsa (School) of Malkapur, highly appreciated the programme.

Brother Jiya Ullaha Khan, in-charge of all Mosques of that area, offered to arrange such programmes in all the Masjids of his area.

The participants were extremely delighted and remarked that they had never attended such a Roohani (enlightening) programme in their life. The local newspapers covered the news of the whole programme with photographs.

KOLKATA MUSEUM

Under the canopy of Living Spirituality for a Value Based Society, an Eleven-Day Programme—"Good-Bye Tension" for Tension Free Life and Rajyoga Experience Camp was organised by the Kolkata Museum for VIP's from 11th - 21st of September, 2005 at Kala Mandir, a prestigious auditorium. The programme

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STILLNESS OF THE MIND

(Service Tour of Australia and New Zealand by
BK Brother Nirwair and BK (Dr) Partap Midha
12 September – 29th September 2005)

Peace of mind is the most valuable achievement of life. In any corner of the world, the number of people seeking inner peace and tranquillity is countless. During our recent tour of Australia and New Zealand, Dr. Partap Midha and I were invited to share our life-long experiences of spiritual understanding and meditation at Perth, Sydney and Melbourne (in Australia) and, Wellington and Auckland (in New Zealand).

Most of the programmes were designed around the theme: *'Stillness of the Mind: Wisdom from a lifetime of experiences'*, and exhibited in the form of interviews. We were pleased to find tremendous interest among the Westerners, NRIs and aboriginals alike. The interviewers at each place hailed from either famous literary backgrounds or the mass media. To everyone's pleasant surprise, the attendance at the events was much more than expected

(varying between 150 to 1000 people).

Dr. Partap shared with great eloquence the achievements of the holistic approach adopted at Global Hospital & Research Centre, Mount Abu. The systematic combination of medicine and meditation, traditional and alternative medicine, under one roof provides multi-fold relief and cure to hundreds of needy patients at low costs.

The dedicated participation of

the audience in 'Open-Eye Meditation' sessions following the interviews created very powerful, peaceful, sublime and tranquil vibrations; this new experience touched hearts and souls, and was appreciated immensely by one and all. No one wanted to leave the auditoriums until much after the sessions were over as they wished to hold on to the peaceful feelings for a longer time. The sweet, silent and smiling eyes of the participants continued to share vibrations of peace, happiness and fulfilment as they departed. Every one acknowledged their appreciation with the sweet words like:

- "Thank you – it was wonderful"
- "The power of the initial silence before the talk has stayed with me"



Sydney (Australia): B.K. Nirwair and Dr. Pratap with Dr. Nirjala and Bro. Manvinder with the Publishing and Distribution Team at the newly acquired Literature Building.

● "I have never seen two such totally relaxed bodies in all my life"

● "Very natural, humble, family connections and feelings of belonging" and of course a warm handshake while bidding goodbye to the visiting guest speakers. At every programme, the guests received *prasad* and a special card with a blessing or elevated thought printed on it. The auditoriums and halls were arranged exquisitely and the programmes included spectacular performances by dancing angels, Bharat Natyam dancers and world-class musicians.

The selfless and loving efforts invested in organizing and carrying forth every programme, whether for guests or regular BK students, were outstanding in every way, especially the advertising through brochures and leaflets. The inspirational topics chosen for the talks were very appropriate and timely:

- Conversations with a Yogi
- Self-Realisation – A Journey That Transforms
- Inner Healing through Meditation
- Spirit of Love – The Power to Heal

Several meetings with dignitaries such as: **Dr. George D. Toloraya, Consul General of the Russian**

Federation in Sydney.

● *Dr. Bruce Hucker*, Deputy Mayor of Auckland,

● *Hon. Eric Ripper*, Deputy Premier (also Treasurer and Minister for Government Enterprises, Govt. of Western Australia.

● *Mr. David Forest*, Product Manager, Seimens Medical Solutions, Sydney

● *Dr Andrew Penman*, Head of Cancer Council of NSW and others,

Radio and T.V. interviews, special programmes for Medical Professionals and personal meetings with Surgeons and Doctors of Indian nationality enriched our visit in numerous ways.

We extend multi-million fold hearty thanks to the BK sisters and brothers of Australia and New Zealand (particularly BK Didi Nirmala, BK Brother Charles Hogg and others) for a successful service tour! The petals of love showered on us at every stop, the reception and send-offs at every airport, the love, regard and sincere feelings of belonging, in essence the whole-hearted hospitality accorded to us in unique BK style at every retreat place and centre made our short and sweet visit most memorable.

PEACE OF MIND

At the 9th Mount Abu

Meditation Experience from 29 September - 7 October 2005, Mount Abu, Rajasthan, two hundred travellers from 46 countries of the world sit together in Harmony Hall of the Academy for a Better World, Gyan Sarovar, to learn the art of 'Open-Eye Meditation' or 'Rajyoga Meditation'. They represent different backgrounds of religion, language, nationality and profession and age and have congregated with one common aim, that is, to experience real inner peace or peace of mind. Most of them arrived by 29th September and would return to their respective countries on 7th October.

The organising team led by BK Didi Nirmala (Regional Co-ordinator of Brahma Kumaris Centres in Austral-asia), includes BK Brother Charlie, Brothers Michael and Joe and Sister Margaret along with sisters and brothers from Bharat, Kenya and Canada. Brother Robin Ramsay, Sisters Barbara and Tamasin, the Trimurti family, play a pivotal and spectacular role of providing the 'required preparation' on a subtle level with their beautiful and thought-provoking dramatic presentations, '*The Traveller*', before the main session everyday.

In order to create a special and deep peace experience for

every guest participant, the organising team designed a beautiful, well-balanced programme encapsulating

- Lectures on the ancient art of Rajyoga Meditation and spiritual knowledge
- Meditation sessions
- Small-group conversations
- Interviews with senior yogis of over 45 years
- Spiritual entertainment
- Visits to places of interest like the famous Dilwara Temples, Peace Park, Global Hospital etc; and
- Special interactive meetings with Dadi Prakashmani (Chief of Brahma Kumaris) and other Dadis who have gained experiences of nearly 70 years of meditation and a divine, serviceable life. Their magnetic presence opens a treasure-store of empowering experiences and surrounds every soul with

feelings of inner serenity and happiness; these living legends glorify the Supreme Father, the source of peace, purity, spiritual wisdom and divinity with their every thought, word and activity.

While conversing and observing the guests, one can easily see the joy attained in accomplishing their aim after taking time out of their busy schedules, travelling from distant lands (for 2-3 days) and spending large sums on travel by air, rail and road. Being absorbed into a spiritual environment so far removed from the chaos and sorrow of the materialistic world for 6 days does wonder in transforming one's attitude towards life, ourselves and society. When the mind receives true spiritual love and peace, there is an instant feeling of belonging to the

universal family, an acceptance of the self and others as they are, and a strong desire to share vibrations of joy and harmony with the world.

Dadi Prakashmani spoke most graciously and lovingly while meeting the guests, "You have come to the Supreme Parent's home, your home, to experience peace of mind. I extend a hearty welcome to all of you." The participants showed genuine commitment to understand and practise the teachings offered by the Brahma Kumaris. They will definitely become spiritual Light and Might Houses at their respective places, to guide many more fellow human beings on the path of peace and inner beauty.

Each year, the brilliance in the participants' eyes, the quiet smile on their faces and their happiness expressed verbally act as a source of satisfaction and gift to the dedicated sisters and brothers who organise 'Peace of Mind' Retreat. Our million-fold hearty congratulations to the Organising Committee and selfless instruments in Gyan Sarovar!

We extend our best wishes to the participants for their onward journey on the path of peace and spiritual well-being.

- B.K. Nirwair



Sydney (Australia): B.K. Bro.Nirwair, Dr. Partap with Bro. Manvinder arriving at Masonic Lodge Centre for the programme "Conversation with a Yogi".

KEY TO VALUE-BASED LIFESTYLE

■ B. K. Surendran, Bangalore

A person was invited to lunch. He was served a sumptuous meal. When asked how tasty the meal was, to the surprise of the host, he confided that he was not even aware that he had had lunch that afternoon. This is a real incident. It is generally seen that people engage in one task and they think and feel about another job ahead. A person had to attend a marriage function in the evening. He had decided to wear the brand new suit he had got stitched particularly for that occasion. As the time came to leave for the function, he hurriedly got into his dressing room and put on another dress. When the marriage function

was in progress, he became aware of the fact that he was wearing a dirty T-shirt.

Majority of the people are unaware of the job actually being performed by them. This is due to the habit of thinking of something else at a time they are supposed to be aware and focused on the job in hand. The power of concentration and personal discipline is at its lowest level or even nil in such situations.

AWARENESS

If we are not aware of what we are doing, we are not practically living at that moment of time. Then we are not investing our most valuable wealth in life purposefully. Our

most invaluable wealth in life is our thoughts and time. If we are aware of each and every moment of life, and aware as to how fruitfully these moments are spent, we not only increase our wealth of happiness, but we also contribute to the happiness of others.

Observation and awareness proceed together. Let us observe ourselves carefully and constantly to correct the flaws in our thinking, in our feelings, in our behaviour, in our interactions and in our dealings. By taking note of how a ship disappeared over the horizon, Columbus deduced that the earth was round and set his sails westward to discover new continents. An apple falling on to the ground made Isaac Newton to discover the law of gravity. We may learn a lot from the amazing scenes and sceneries in our own vicinity. We will discover that even ordinary persons are interesting human beings.

ATTENTION

Observation, awareness and attention have close relationship. Observation is a passive function. When we practise awareness, we are like a spectator at a sports event or a play. We see what is going on and we can enjoy it immensely. But the thrill of participating in the play is experienced when we

AN ESSAY ON MOTHERS BY AN EIGHT-YEAR-OLD

I did not have mother long, but she cast over me an influence which has lasted all my life. The good effects of her early training I can never lose. If it had not been for her appreciation and her faith in me at a critical time in my experience, I should never likely have become an inventor. I was always a careless boy, and with a mother of different mental calibre, I should have turned out badly. But her firmness, her sweetness, her goodness, were potent powers to keep me in the right path. My mother was the making of me. The memory of her will always be a blessing to me.

—THOMAS A EDISON

practise attention. Unless we train ourselves to be attentive, we cannot rely on our power of observation and awareness. We must remind ourselves very often of the benefits we are going to get in case we strictly live in the present. For example, we understand that a particular situation is going to be slightly disturbing. But if we take a decision to be peaceful in a disturbing situation and enjoy that moment of disturbance with calmness and coolness, we will be a winner. We will not be carried away by the thoughts of others to an unknown destination. Here attention plays an important role. Attention, attention and more attention to what we think and judge, what we speak, what we do, how we interact with others. When we pay attention we can understand whether our inner thought activities and its consequential activities in the form of feelings

and emotions are in accordance with the values we cherish and promote. In order to make our value of 'attention' to be always alert and living, we must take specific decisions keeping our conscience as witness not to detract or go astray from our desired goals in life, come what may. If this is our habit, we will not be living without promoting our contributions to the world. What is the possible contribution we make to the world? When we take a decision to be peaceful in the face of peaceless situation, we contribute to the peace in the world. We take a decision to be always truthful. Then we are able to influence others to speak the truth and to be honest.

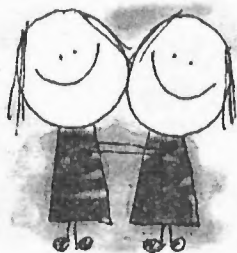
APPLICATION

There is explosion of knowledge, but rarely anybody applies that knowledge in practical life. People speak a lot of knowledgeable bits and also

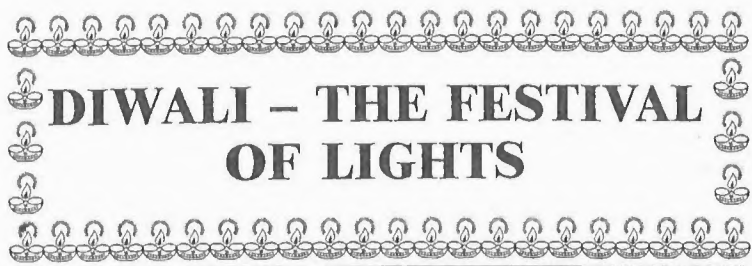
profess and advise others to practise, but seldom do they practise such knowledge in their personal life. Once we cultivate the habit of attention and awareness, we are empowered to apply the values in our life. If we apply these values for a week, values known and unknown will sprout in our life as repeated actions became part of our personality. We come to understand our worth and value. The quality of life goes up. We become the proud owners of happiness and contentment which is not based on any material achievements or physical progress.

MEDITATION

The equivalent of meditation is continuous, uninterrupted power supply. If we meditate, with specific focus and interest, this will ensure the inner strength to practise what we speak and preach. This will also enable us to exercise observation, awareness and practise attention with fruitful consequences. The life style will change from the erratic mode to the value-based mode notwithstanding the fact that the people are disturbing, the circumstances are not favourable and so on. A value-based life style will come to stay. That is the need of the hour.



A kindergarten teacher has decided to let her class play a game. The teacher told each child in the class to bring along a plastic bag containing a few potatoes. Each potato will be given a name of a person that the child hates, so the number of potatoes that a child will put in his/her plastic bag will depend on the number of people he/she hates.



DIWALI – THE FESTIVAL OF LIGHTS

Diwali, one of the most popular festivals in India, is celebrated with great pomp and gaiety every year. But with each passing year people lament over the crass commercialization of this festive occasion. The commercial frenzy that begins well before Diwali and peaks around the festival almost drowns out whatever little religious sentiment is associated with it.

Diwali is not just an occasion for shopping, having sweets, wearing new clothes or bursting crackers. There is a deep spiritual significance to the rituals and legends connected to the festival of lights.

The origin of Diwali has been traced to several mythological tales. It is celebrated to commemorate the coronation of Shri Ram after his return to Ayodhya from the exile of fourteen years. During the exile Rama Killed Ravana as he had abducted his wife Sita.

Another legend tells the tale of king Bali regarding this festival who had imprisoned Shri Lakshmi, the goddess of

wealth, along with other deities. God, it is said, incarnated as a diminutive Brahmin, called the Vaman avatar, killed Bali and liberated the deities. So, this event is celebrated in the form of Diwali.

There is yet another belief that Yama, the god of death, has decreed that those who light earthen lamps on the day of Diwali and place them in holy places such as temples, so as to enable their ancestors to see the right path, will be saved from suffering and untimely death.

All these stories have a spiritual meaning. The vanquishing of Ravana by Ram and; Bali by the Vaman avatar is a metaphor for the victory of good over evil, and indicates the liberation of souls suffering in the grip of vices.

The story of Yama tells us to enlighten ourselves by realizing our true identity—that we are all immortal souls. This knowledge itself liberates us from the fear of death.

People get into the spirit of Diwali weeks before the festival. They clean and paint

their houses, discard useless old goods and buy new ones. Homes are lit up with earthen lamps, candles and decorative lights. People invoke Shri Lakshmi, distribute sweets and burst crackers.

All this celebration marks the most significant event in the history of mankind—the destruction of evil and purification of this old world by God, who descends when the world is at the end of Kaliyuga, when unrighteousness and evil have reached to climax and misery prevails in the world.

The illumination of homes is a symbol of lighting the lamp of self-awareness—that we are all souls, sentient points of light, and the children of God, the Supreme Soul. Our brightness has diminished over successive births because of the vices such as lust, anger, greed, attachment and ego. But we can remove this dirt and regain our original pure state by the remembrance of God.

Similarly, the cleaning that precedes this festival is an outward ritual that must be performed at a subtler level as well. We rid our homes of waste and dirt, but what about the filth that we have accumulated inside us in the form of the vices mentioned above? Unless we cleanse ourselves of these impurities,

can we hope to get the blessings of Lakshmi?

As for worshipping the goddess of wealth, we would do well to remember that material wealth is not a guarantor of health, peace of mind or happiness. To get these we must imbibe the virtues of Lakshmi and the other deities.

On Diwali, traders end their accounts for the previous year and begin a fresh account for the coming year. This too is symbolic. What we have to end is all the negative accounts we have accumulated with others in the form of animosities, jealousy, rivalry etc. This can only happen when we first realize our spiritual identity and the fact that we are all children of one Supreme Father. Only a spiritual link with the Supreme Soul gives us light and might to overcome these negative traits even while living in the vicious world. The reason why most people find it difficult to get rid of their faults even when they want to do so is that the human soul has today become lean and thin under the influence of the vices.

Only when each one of us has lit the lamp of self-awareness and conquered the negativity within, will it be true Diwali. The gleaming glow of our soul must be luminous halo.

Conference on Values for Performance and Excellence in the Administration —

(on 11th September, 2005 at Cuttack)

A conference on "Values for Performance and Excellence in Administration", under the aegis of Service Wing for Administrators, Executives and Managers, Rajyoga Education and Research Foundation, a sister organisation of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, was presided over by Justice Srijukta Sujit Barman Roy, Chief Justice of Orissa High Court and addressed by Bro. B.K.Mahendra, Chairperson, Service Wing of Administrators'. Justice I.M.Quddusi, Judge, Orissa High Court, Bro. G.C.Mandal, I.A.S., Commissioner, Land Reforms, Orissa, Bro. A. K. Pattnaik, I.P.S., Addl. D.G. Prisons (Orissa) and Sister B. K. Avadhesh, Zone in-charge, M.P., Bhopal, Rajyogini B.K.Kamlesh, Sub-zone In-charge, Cuttack and B.K.Sobha, Rajyoga Teacher, Singrauli also participated in the programme.

Hon'ble Justice S. B. Roy, in his deliberation, extolled the life style and mission of Brahma Kumaris in reforming the society. He concluded by saying that the movement initiated by the Brahma Kumaris organisation should be responded to by the society.

Hon'ble Justice I. M. Quddusi, observed that, Administrators play a critical role in the society. They plan, formulate, implement and evaluate. Performance serves as a tool to excellence.

Bro. A. K. Pattnaik, D.G., Prison (Orissa), in his address extolled and appreciated the welfare activities of Brahma Kumaris organisation in 32 Jails of Orissa in areas like character building, de-addiction, stress management etc. with beneficial results as evinced from social behaviour of released prisoners.

Bro. G.C.Mandal, I.A.S., Commissioner Land Reforms, emphasised that welfare of people should be the paramount law and basic consideration of efficient administration.

Bro. N. R. Mohapatra, O.A.S., Deputy Commissioner, C.M.C., also took part in the discussion.

The Valedictory session was attended by Bro. Monoranjan Mohanty, Member, Central Administrative Tribunal as Chief Guest, Bro.Duryodhan Nayak, Ex-director, Consolidation, and Bro. Sudhansu Jena, M.D., Ab Audio Visual Ltd.



Dear Editor,

I enjoy reading your magazine 'The World Renewal' and its spiritually enriching articles and features. The article 'Similarities of Soul and Computers' by B.K. Khem Johhoo in September issue was really inspiring. It brought out the similarities as well as the essential difference between the soul and the machine. The soul communicates with God or the Supreme Soul through meditation and effective use of the intellect. As mentioned, its role is pre-destined. The computer software's role is pre-programmed.

However, the soul can transform itself, it is living entity and it can feel; a machine programmed software is unable to do this. It is a non-living thing, it is a slave of commands. The programmer gives commands and without distinguishing right or wrong, the computer responds to them. The soul can question the commands given to it, the conscience acts as the soul's speaker.

—Sreekala Venu, New Delhi

My thanks to the editorial team for publishing the personal interview "This wonderland called India" of Bro. Robin Ramsay, Australian actor, director and playwright with associate Editor, B.K. Ranjit Fuliya. I was inspired a lot when Bro. Robin particularly admired the young sisters who are the backbone of the Brahmakumaris organisation. I was also present

at the time of the interview as I had gone to meet Bapdada on 7th March, 2005. When Bro. Robin was answering about women's empowerment, he pointed out towards me, as an example to show, how Baba had changed my whole life to serve mankind. I thank Bro. Robin for encouraging us.

May and June 2005 issues carried a number of 'continued' articles. I have encountered some readers, who feel that any good magazine should not carry more than two 'continued' articles. I find that in later issues this has been taken care of. The Students Column and Readers' Forum are lively and interesting.

— B.K. Kavita, Delhi

I have been a regular reader of "The World Renewal" since 1986 and find it a good source of information, enhancing our life in every direction. The Editorial column is very pleasant and informative. The articles and poems broaden our horizon on Baba's knowledge and also make us worldly-wise. Behind this success the efforts made by the editorial team are highly praiseworthy.

—B.K. VIRENDRA (ORC-LIBRARY), Gurgoan

I have got so many inspirations through 'The World Renewal' magazine. As I receive the magazine, I first read the Godly Service Report. Through this I come to know that the omnipotent Baba does these services through His children and I too get inspiration to do the same kind of service in my place.

Nowadays we have the "Students' Column" too that inspires the students to reveal their talents. This will help the younger generation to put forth their thoughts by gaining Godly knowledge. This will also make them good human beings.

— B. K. Balaji, PUDUKKOTTAI

I am deeply and extremely impressed by reading the monthly magazine 'The World Renewal'. Its spiritually enriching articles inspire us to lead a virtuous, positive, benevolent and purposeful life.

Life is a winding road full of sudden turns and twists where we should enjoy our every minute with total devotion and happiness. It is inevitable that a man who has endurance can lead a happy and contented life. Life is not the same at all times; many hindrances come our way but we should not be disheartened and give up hope, instead, we should tackle the obstacles with courage and must proceed towards our destination.

We should think that 'failure is the pillar of success too.' Our life starts with cradle and ends in grave. It is neither Tempest nor a Mid Summer Night's Dream but is The Comedy of Errors. Man's personality can be judged by the quality of his life. So, man shouldn't feel harassed in his life. He should try to live a happy life with merry face and dazzling smile on his lips.

However long or short our life span may be, we should grab all the opportunity that is provided by God. Our life is God's gift. We should lead our life in the positive direction. To lead our life

in the positive direction, we should make our mind positive so that positive thoughts and *sanskars* may emanate from our mind like waves in an ocean.

Our life should be full of love for humanity. We should help the poor people and show love and humanity towards them.

—Dinesh Shrestha

TO OUR ESTEEMED READERS

We thank our readers for their overwhelming response to our column Readers' Forum.

We eagerly await your opinions and suggestions. Your suggestions would definitely inspire us to make each new issue a better one. Please send your letters alongwith complete name and full postal address/e-mail, to :

Readers' Forum,

'The World Renewal',

Gyanamrit Bhawan, Shantivan,

Abu Road-307510,

Rajasthan (INDIA),

e-mail: theworldrenewal@yahoo.co.in



Righteous Action

It's the action, not the fruit of the action, that's important. You have to do the right thing. It may not be in your power, may not be in your time, that there'll be any fruit. But that doesn't mean you stop doing the right thing. You may never know what results come from your action. But if you do nothing, there will be no result.

First they ignore you.

Then they laugh at you.

Then they fight you.

Then you win.

— Mahatma Gandhi (1869-1948)

AN APOSTLE OF PEACE

■ Mahavir Singh Kharb, Sonapat

People generally believe that in this world all things—truth, untruth, craft and dishonesty etc. prevail in politics. But Gandhi always considered this view as wrong, pernicious and harmful. He believed that religion and politics must go hand in hand. He lay stress on the purity of both—the means and the ends. He had firm faith that the one who has the power of truth will be victorious. Let us discuss some of the salient features of his character on the basis of which he achieved greatness and became instrumental in great transformation in India and abroad.

Personal sacrifice—A Panacea

Gandhi proved that even the greatest of political problems could be solved by personal sacrifices. For him, personal sacrifice, in the right direction, was more effective than any other method of fighting a powerful opponent. He wanted to have a society based on the principle of democratic decentralization. He believed that the power of toleration

brings a sparkle on one's face. Moreover we cannot taste real joy if we cause pain to others, because we, the people, are intermingled just like the blades of grass.

Far-Sightedness

For quite some time it was considered that Gandhian philosophy and his methods of struggle were not practicable. But as the time passed, these methods established their effectiveness and we find that through them Gandhi was in a position to relieve Indians from miseries in South Africa and could win independence for India from the world's mightiest empire. He suggested *Satyagrah* as the means for fighting against powerful enemy. It was introduction of truth and gentleness in political and national life. It was based on unquestionable faith in God. A true *Satyagrahi* should love peace and suffer willingly. The various forms of *Satyagraha* as Gandhi adopted are non-cooperation, civil-disobedience, strike and fasting.

Gandhi on Religion and Ram-Rajya

Gandhi condemned the violence-based policies of his times. He aimed at maximum independence for the citizens. He had the concept of *Ram-Rajya* in which "Justice is prompt, perfect, cheap, there is freedom of worship, speech and press. All this is because of the reign of self-imposed law of moral restraint, such a state must be based on truth and non-violence and must consist of prosperous, lofty and self-

contained villages and village-community".



He had faith in the existence of God. He said, "Most religious men I have met are politicians in disguise. I however wear the guise of a politician but am at heart a religious man. Truth is my God.

Non-violence is the means of realizing Him. There is no religion higher than truth. With the power of non-violence I help to establish the kingdom of divine rulers in Bharat."

A person can develop the power of truth by having the awareness of his true form. Without the power of

recognition, there can't be experience. Transformation only happens after realisation. Realisation leads to experience and then transformation takes place. "My Experiments with Truth" was the result of realisation. Gandhi could see with hawk-eye not only his elevated virtues but his weaknesses also. He did not repeat his weaknesses but, on the contrary, made them ladders for development.

Women Empowerment

Gandhi wanted to establish a close link between social and political reforms. He was of the view that Hindu society always assigned a very high and significant place to women. For him the degeneration of women was degeneration of society as a whole. He suggested that women should be given a very high and suitable status in the society and should not be treated as playthings. He emphasised that women tolerate everything and remain calm and composed even under adverse circumstances. He agreed that if the power is the name of animal power, then there is definitely less animalism in women. But if power means moral power, then she is more powerful than man. If non-violence is the religion of human race, a woman must be named the preserver of it.

Purity

Caste is a term of European origin. It is derived from the Latin "Castus", which means pure and it was used by the Portuguese when they came to India. The Indian word is Varna, which means 'colour', Gandhi did not approve discrimination based on caste or creed and believed that, India cannot progress without removing untouchability. A true devotee of God cannot treat other people as inferior.

Purity and Other Virtues

Gandhi believed that purity of mind leads to success in all areas of life. He adopted purity in thoughts, words and deeds and became victorious under most trying and turbulent times. Gandhi made a firm vow to adopt celibacy in the prime of his life and observed it whole heartedly. How he got this idea to adopt a celibate way of life, is quite unique. Once he was invited by the government in South Africa to pacify Zulu rebellion as there were chances of violence. While Gandhi was on his way, passing through the jungle, he had a striking thought to observe celibacy in life. When he reached there, the turbulence had already calmed down. He considered it the result of his resolve to adopt celibacy in life. He further discussed the matter with Kasturba, who agreed to lead a

pure way of life. Thus the vow of purity led him to success by providing mental strength and spiritual power.

The light of purity is such that we are not confined by boundaries of colour, gender, race, and religious beliefs etc. but we can see far beyond and experience each and every human being as our brother. Gandhi thought deeply and adopted celibacy because he considered it the basis of power and purity. He embraced even truth, non-violence and love for the moral upliftment of human beings. The foundation of all virtues is purity as Lord Tennyson also aptly writes: *My strength is as the strength of ten. Because my heart is pure*

The person, whom mundane attractions do not bind, can defeat the world. During the present times of degradation, it is purity that gives us the key to knowledge, peace, power, happiness and God. Ask and you shall find it, knock and it shall be opened to you.

Humility – Sign of Greatness

An ordinary person feels proud in describing his special characteristics. Gandhi used to say that there was no special characteristic in him that was not in others. He said that everybody could do what he did. He used to kindle the inherent

capacities of others by saying so.

Gandhi never boasted that he was right but he went on doing experiments. Whenever he found a lapse in his method, he mended. Above all, he had a pining passion for mankind. This passion paved his way to farsightedness which made his ideology relevant even for the future. This is the reason that his grandson is invited to a country like Palestine to explain the Gandhian Philosophy. Gandhi stated that there must be purity and transparency of means and ends or else society would lose its moral values; and ultimately everything. His ideology is relevant even in this era of globalization and the thoughts of Mahatma Gandhi are being taught even in the schools of U.S.A. The thoughts of Gandhi nourished liberty, equality and fraternity. He struggled against injustice and brutalism till the end of his life. He was of firm view that the use of violence for removing disputes increases violence. He was not against machines but against mechanisation. When Singer sewing machine was introduced in India, he welcomed it openheartedly. He did not hesitate to make use of car and trains.

The impact of the teachings of Srimad Bhagawad Gita is apparent in all the spheres of his life. Mahatma Gandhi was indeed a special soul. Brahma Baba sent him the divine message about the descent of God Shiva for the establishment of Golden Age – Ram Rajya on earth.

Glowing tributes have been paid by all the people and sections of society all over the world. Even the U.N.O. lowered its flags as a mark of respect to the man who held no official position. Nehru said about him on his death: "the light has gone out of our lives." Mahatma Gandhi's name is written in the personal diary of God Shiva, it is because God remembers those who act as per His advice and adopt divine virtues.

THE TOP SECRETS OF SUCCESS AND THE PILLARS OF SELF-MASTERY

— Robin S. Sharma

Sleep less. This is one of the best investments you can make to make your life more productive and rewarding. Most people do not need more than 6 hours to maintain an excellent state of health. Try getting up one hour earlier for 21 days and it will develop into a powerful habit. Remember, it is the quality not the quantity of sleep that is important. And just imagine having an extra 30 hours a month to spend on the things that are important to you.

Set aside one hour every morning for personal development matters. Meditate, visualize your day, read inspirational texts to set the tone of your day, listen to motivational tapes or read great literature. Take this quiet period to vitalize and energize your spirit for the productive day ahead. Watch the sun rise once a week or be with nature. Starting the day off well is a powerful strategy for self-renewal and personal effectiveness.

Do not allow those things that matter the most in your life be at the mercy of activities that matter the least. Every day, take the time to ask yourself the question "is this the best use of my time and energy?" Time management is life management so guard your time with great care.

Use the rubber band method to condition your mind to focus solely on the most positive elements in your life. Place a rubber band around your wrist. Each time a negative, energy sapping thought enters your mind, snap the rubber band. Through the power of conditioning, your mind will associate pain with negative thinking and you will soon possess a strongly positive mindset.



**Robin S. Sharma (Author of
"The Monk Who Sold His Ferrari")**

ARROGANCE IN ABUNDANCE

■ B.K. Wicky, Matale,
Sri Lanka

Humility is a rare commodity nowadays. Wherever we go, we meet people with bloated ego and the arrogance of 'I' and 'MY'.

After becoming a Brahma Kumar, I don't look at them as weak souls but as the ones who are leading a life without knowing their true selves.

Let me share a personal experience. Once I had to go to meet a high official, just to find out whether the service record of a friend of mine had been sent to the relevant clerk for further action. The officer concerned was in his glass cubicle, reading a newspaper with his legs, shoes and all, on the table. Having waited for a few minutes and unable to attract his attention to my presence outside, I knocked politely at the door and entered his room. 'Why did you tap at the door?' he shouted at me, apparently unaware of public relationship or polite manners. But as a Brahma Kumar I soon realised it was arrogance of power, generally found in officers and politicians who

bask in the glory of their official authority.

When one believes that the person has superior resources, he tries to override opposition and ignores criticism. Put in more neutral terms, the arrogance of power is based on over-valuation of one's power— an expectation of what one can accomplish on one's own. Take for example the arrogance of knowledge. It makes experts ridicule commonsense of ordinary people. It is arrogance that makes medical consultants keep channel patients waiting for hours. Ostentatious living, extravagant weddings, socializing — all betray arrogance of wealth.

Arrogant people don't give any consideration to those who are religious and keen to acquire spiritual knowledge. If somebody tells them about righteous duty or action even then they do not feel like accepting it. They are so proud of their physical power, weapon power and man-power; they are so stubborn

that they do not forsake hatred, anger, injustice and revenge even if their whole clan is destroyed in the process. They are devoid of even the traces of humility, tolerance, forbearance, contentment etc.

As a Rajyogi one realises that Almighty God Himself has come down to this impure world to give the true spiritual knowledge to His beloved children (souls) without any arrogance of power. What a loving, humble and obedient Father! Let all praise and Glory be upon Him, Lord Shiva.

As Rajyogis we should always keep ourselves away from this trap of arrogance. The other traps are: thoughts about others, criticism of others, criticism of the self, doubts in the self etc. Exaggerating a problem is also a trap. To free ourselves, let us create pure thoughts about our eternal self, and about others, cultivate good wishes and maintain God's remembrance.

God's help comes only when there has been effort from the heart. Having deeply understood the knowledge like Arjuna, the transformation is inevitable. Then you feel cleaner and lighter.

THE CALL OF ABU

■ B.K. Brahma Kishore, (Retired Judge),
Allahabad

Through the Murlis (Godly Versions), God Shiva repeatedly exhorts us to transform ourselves to lead a life of virtue and purity, which, in turn would change others and in fact, the very surroundings. Thereby we would wipe out vice and viciousness from the society. The stark reality of this direction dawned upon me when I had thrice visited Madhuban, the international headquarters in Mount Abu (Rajasthan, India) – the holy land where incorporeal God Shiva revealed the divine knowledge through the mouth piece of Prajapita Brahma.

Science now recognises that all life is the result of vibration or motion (in its widest sense). A dead being does not vibrate or move. There are numerous forms of vibration in nature—electricity, magnetism, heat, light, sound, air, water etc., but nothing to match spiritual vibration. It silently but forcefully communicates through one's aura, strong will power and spiritual force. Hypnosis is only a crude form of the same, by the help of

which major and difficult operations are being performed in the west on patients, without administering anaesthesia – local or general. In the west, soft and soothing music is played when cows and buffaloes are milked, giving greater yield. The great scientist, Sir Jagdish Chandra Bose had discovered that when a wood-cutter goes near a living tree with an axe to cut, the tree shivers out of fear of being felled. When such is the strong impact of vibration from mind to mind and thereby to the physical body, in human beings, animals and plants, just imagine the great spiritual impact it would produce, when that silent communication is from soul to soul.

Often I had wondered why *lakhs* and *lakhs* of people – of all religious sects, faiths and from all countries – flock together at Abu, year in and year out, not once, but as many times as they can. The secret of this unusual phenomenon lies in the very environment of the holy land which breathes purity, serenity, compassion and service. This silent but forceful

communication is not only through the body of teachers, students, seekers, practitioners and speakers, but also through concrete structures, plants, trees, flowers, grass and the soil, in fact the whole environment.

The gentle, cool and fragrant wind silently blowing across the flower beds and caressing your body, produces a heavenly sensation, a supernatural thrill, a divine bliss. The gently dancing plants, the smiling flowers of varied hues and contours, the clear and clean roads, flocks of white-clothed dedicated workers, with radiant faces, glowing eyes and a soft smile on the lips, talking in a low, gentle and sweet voice, instantly eager to do any service, the disciplined manner in which thousands of visitors sit and dine, without any noise or disorder in the jumbo dining halls – all taken together – transplant the visitors into a fairy land on this very planet. The blooming flowers look up to you with an invitation to smile as they do, with a message that this world is beautiful, colourful and joyful, even though our existence is short, yet not so short as that of the flowers, who know that soon they would fade and wither away.

The guest-houses with

impeccably elegant rooms, halls and dormitories leave nothing to be desired. The beds are cosy and comfortable, the furniture according to necessity, the doors and windows so positioned as to ensure fresh air and sunlight, the colour on the walls soothing, the symbol of the Supreme Soul, shedding rays of spiritual light day and night, an inspiring large portrait of Brahma Baba (the Founder) adorning the centre, with soft devotional music flowing into the ears through a vast network of stereo channel communication. There is a corner in every residential block, where filtered water, boiled water, hot water, tea, coffee, sugar are readily available. The lavatories have western type of commodes, for convenience of elders, while in the bathrooms, ordinary and hot water is available all the time.



Balance is the Art of Life

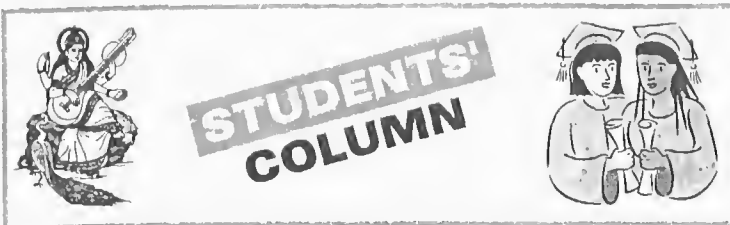
With all these comforts and facilities, a visitor forgets his ailments, worries, his home, family and occupation etc. He is deeply immersed into a silence of spiritual solace, peace and contentment, with a feeling of worldly detachment.

Then there are daily classes in the big halls where every morning the divine message of Shiva Baba (Murli) is read out. On each day, it is a new lesson. There is a meditation session and then a Yoga Camp. Seasoned teachers speak on various spiritual themes, with the authority of their vast knowledge and rich experience, illumining the hitherto unexplored paths of spiritual upliftment. There are 18 different wings, catering to almost all the professions, occupations and class of people. They hold their Conferences, Seminars, Dialogues etc. throughout the year, in which thousands of delegates from all over the country participate. Then there is a season of *Parmatma Milan* (meeting with the Supreme Soul), every year from November to March, on 8 to 10 different dates. One can hear Him through the vibrant voice of Dadi Hriday Mohini and feel the presence

of Divinity. There is no system of master and disciple in the vast organisation. Even the B.K. teachers are students in this International University of Godly knowledge. There is a direct communication between the soul and the Supreme Soul. Dadi Prakashmani is the Chief Administrator of the entire organisation and is the fountain source of all activity, inside and outside Abu.

From the above account, it is evident what a visitor gets at Abu. He experiences peace, contentment, happiness, detachment and spiritual upliftment, hitherto not tasted by him. He is motivated to think beyond his physical body and the material pleasures, to rise above his worldly existence, to experience the thrill and the bliss of realisation that he is a soul (not a mere mortal being), a child of the Supreme Soul, with divine virtues and spiritual powers. For this reason, one has to visit Abu at least once to have a taste of such a celestial experience. After the first visit, he is tempted to visit again and again. Such is the magic of the environment and the call of Abu.

Abu is calling you; hark ye mortal being, before you are called away from this world! ●



“Formation of a Value-Based Society through Spiritual Living”

‘Simplicity is the license to be the citizen of Lord’s city with authority’. Such simplicity can be practised when one becomes highly intellectual and knows oneself to be a soul. This knowledge of the self can be acquired by being spiritually powerful. This spiritual power can be developed only when one leads a value-based life. Life without spiritual heights is like a fruit without its essence. Present day life-style is so hectic that we are always in a hurry, running after the material gains. Right from the moment we wake up till we retire to bed at night, we bind ourselves to our wrist watch. Leading such a busy life, it is very natural to lose sight of our true identity. Every individual wants to become materialistically strong, financially sound and socially recognised but very few are interested in leading a value-based life.

We are well aware that “Virtues rule the World”. Virtues

in a person ensure scintillating success. In order to make ourselves worthy we have to practise spiritual principles in our life. Only then will we be successful in inculcating these virtues in the coming generations. In spite of our busy schedule it is a must for every individual to spare time to enrich himself/herself spiritually. When we enrich ourselves spiritually, we will naturally adopt the spiritual way of living, then these vibrations will make the atmosphere much more spiritual. Automatically these vibrations will inculcate the values among others. Then we will be able to form a value-based society.

Building a value-based society is not an easy job. It cannot be achieved by a few individuals. For this the entire society should be involved to put in sincere efforts. As a result, one fine day we all will be living a peaceful life in a value-based society.

– **Kumari Kavita**, Lions
English Medium School,
Nargund

A LETTER FROM GOD

On a Sunday morning
while leaving for mart
I found a letter in my mailbox
It was from someone special
I felt a friendly knock

It read out “To My Son”
From “FATHER ON HIGH”
I wondered who sent it
Opened quickly with no sigh

It read out “Oh! My son”
You are so humble and polite
In this world of crooks
You deserve to be a knight

You deserve to be a king
Come out of this slavish role
By following pious principles
You can sanctify the soul

Preach this world to end war
Live in peace, you divine star
Tell them about the divine light
And give them spiritual might

Teach them how to forgive
Have mercy and a heart of gold
If they want to inherit heaven
They will surely have to mould

Love all human beings
Spread the message of peace
Letter ended with an
accentuation
“DO IT ALL BEFORE YOU
LEAVE”

I realized how true it is

It transformed an agnostic to a theist
The same moment, I took a pledge
To work purely, for the greatest feast.

– **Anant Dinesh,**
Medical Student (II Yr.) Maulana Azad
Medical College, New Delhi

POSITIVE THINKING

Major part of one's personality is influenced by his way of thinking. How a person behaves or deals with his daily life depends on how he thinks; his attitude toward a particular situation brings about a positive or negative result.

Today majority of people are the victims of various psychosomatic diseases like depression. What is the reason behind it?

I think the mental problems are due to our negative attitude towards life. People get depressed on seeing the sudden scenes of this limitless and wonderful drama, because they are unaware of the negative thought in their mind which changes their outlook.

Today's man needs spiritual and mental power which can be developed only by positive thinking. Having a positive attitude toward-self, others and various situations in life is positive thinking.

A single positive thought can give us the power to deal with any situation successfully. Let's take an example: you are enjoying your favourite dish and suddenly you recollect an incident where you felt ashamed, scared or depressed. This thought will spoil your mood and you will no longer relish what you are eating.

On the other hand, even the most adverse situation will seem light if you recollect a pleasant

incident. What influenced the change and your approach? Just a single negative or positive thought. It is surprising that when positive thinking has such a great impact on our life, why are we not actually practising it?

Positive thinking determines the course of our life. If we think positively, each second of this life will be full of fun, happiness and a sense of victory; we also give out positive vibrations of joy and happiness to others. Wow! This is great, isn't it?

So, dear children of beloved God Father Shiva, practise positive thinking and be with dear God. Change this old, depressed world into a peaceful, pure and prosperous new world. Enjoy this lovely Confluence Age with sweetest Shivbaba.

You are the creator of your own world. It totally depends on You!....

– **B. K. Shubhechha,**
Gargi College, New Delhi

Good News for Students!!!

We thank students for their overwhelming response to "Students' Column". Please send your articles/poems etc. on the topics:

Role of Values in Life, Co-operation, Inter-Religious Harmony, Role of Information Technology in Creating a Better World, Cultural Heritage of India, World as a Family, Positive Thinking, Peace, Universal Harmony and Human Values etc., with complete name and full postal address/e-mail, to:

Students' Column,
'The World Renewal',
Gyanamrit Bhawan, Shantivan,
Abu Road-307510, Rajasthan (INDIA),
e-mail: theworldrenewal@yahoo.co.in

We grow great by dreams. All big men are dreamers. They see things in the soft haze of a spring day or in the red fire of a long winter's evening. Some of us let these great dreams die, but others nourish and protect them; nurse them through bad days till they bring them to the sunshine and light which comes always to those who sincerely hope that their dreams will come true.

–**Woodrow Wilson**

Looking for a new path:

WORLD PEACE DAY (SEPTEMBER 18, 2005)

The United Nations wants more people to get involved in the organisation. Acting Director of the United Nations Information Centre for the Caribbean, Dawn Johnson Britton said that the UN embraces the world and must not be seen as a weird Picasso abstraction but as a drawing made by the people themselves.

Johnson Britton was speaking at the "Peace by Peace" concert organised by the **Brahma Kumaris Rajyoga Centre, Edinburgh Gardens, Chaguanas.**

She said that the idea for World Peace came from the film maker Jeremy Gilley who influenced the UN to name a specific date on which the global community would enjoin all their energies to focus on peace and cease fire. World Peace Day is being observed today i.e. 18th September 2005.

Johnson Britton read a statement from UN Secretary General Kofi Annan whose message



Dawn Jonson Britton, Acting Director of the UN information centre of the Caribbean

silence at 12 noon.

B.K. Hemlata, coordinator of the Rajyoga centre of the Caribbean, read a message from Dadi Janki, Additional Chief of the Brahma Kumaris. She said that having travelled all over the world she had seen human quest for peace along with the sufferings."

The late Ras Shorty's song, sung by his children Eldon Blackman and Marg Blackman Mohammed belonging to "the Love Circle" was well received by the audience. Other items in the three-hour programme were the performance of Jit Samaroo Orchestra, Classical dances by Sadhana Ali Khan and songs sung by Wendell Constantine, Amina Ramsaran and Wendy Baboolal.

Thirteen year-old Reisha Bisnath of Naparima Girls' High School delivered a monologue on peace.

"The Love Circle" also performed "Humility", "Moment of Pray" and the "State of Love".

The concert was the first of three peace meetings held in support of the United Nations World Peace Organisation. ●



B.K. Sis Hemlata addressing the audience

Who Am I ?

■ B.K. (Prof.) Ved Guliani (Hisar)

A former President of India Dr. S. Radhakrishnan once said, "The crux of the Indian Philosophy can be summed up in two words, i.e., 'Know Thyself'. Man down the ages has been struggling to find a convincingly, acceptable answer to the question 'Who Am I?' It may not be wrong to say that man's approach to life and his style of worldly existence has often been influenced by what he thinks of himself.

Generally when asked, people introduce themselves by telling their name, their educational and professional attainments, their monetary and social status etc. But is my name permanent and with complete identity or in other words have I always, even before coming to this mortal life, been known by this name? Are these degrees and professional status an integral part of my personality and existence?

No doubt, I have attained many qualities and acquired worldly possessions. But can these define my real self? I own a house, a vehicle or a degree, but I 'am' not the house or the

vehicle or the degree. In the same manner I own this corporeal body. But am I this body? Naturally we all realize that like a house etc. it is 'my' body but I am not this body. I am something else— something more permanent, more valuable and more subtle.

As we have often been told by Incorporeal God Shiva, we are not the physical bodies but Soul, whose true nature is a spark of celestial light i.e. *Jyoti bindu swaroop* Atma.. I am a soul—that essence of life, which cannot be seen yet it runs the body. It is that spiritual power that makes each one of us to use the medium of our physical body, i.e., see with eyes, hear with ears, speak through tongue and so on. Unfortunately we human beings are so engrossed with the body that we assimilate our true identity with our physical existence. But it may be added here that unlike the physical body, the soul is immortal. Peace and purity are its basic characteristics.

Explaining further the true nature of our soul, we may realize that it functions with three different faculties and a

proper coordination of which determines our spiritual and even worldly status. These are Mind, Intellect and Impressions or *Manas, Buddhi, and Ahimsa*. If there is a proper and balanced coordination amongst these three faculties of the soul, one is at peace and endeavours to attain purity. Otherwise one loses peace and purity and lands himself into the gripping sins of the vices, i.e., Lust, Anger, Greed, Attachment, Ego etc.

Sometimes, it is asked whether our physical body is redundant, useless and rather an obstruction to be rid of at the earliest possible. No. Baba says our physical existence has its own significance in the cycle of birth-death-rebirth. Our body is the vehicle—the medium of all expressions and actions—of the soul. It performs all actions through the medium of a body. As for a smooth and successful journey, the vehicle must be in a good, road-worthy condition. For the spiritual and peaceful journey of the soul through this world, the vehicle of its body must be maintained and kept in a good shape and comfortable condition.

Since soul takes the medium of a body, it has to perform '*Karma*' (action). These *karmas* are a source of its purity and attaining sublimity as well as its further condemnation

depending upon the quality of our *karmas*. It is through the series of *karmas* that human soul has two possibilities of results, i.e., either we develop relations (Sambandh) or we get involved and attached in these socio-human relations (Bandhan). While mere relationship (like that of a stimulus and response mechanism) helps us to develop equanimity, the attachment leads us to further complexities.

Baba advises us that the more we knit the fabric of our relational complexities around us, the more we become soft and easy target of the worldly sins and evils, i.e., Maya. In such a state of existence in a human form, the soul loses its purity and thereby the peace. At

present the whole world is in the grip of growing tension and sins because the soul through its journey from Satyug through Treta and Dwaper is traversing through Kaliyug. In this span of time the vices-ego, greed, lust, attachment and anger dominate our physical and intellectual behaviour.

In this period of Kaliyug, man's condition is like that of a man fallen on the marshy land where the more he struggles to come out the more he sinks deeper. It is only when man gets the powerful help of 'Gyan and Yoga' i.e. Knowledge and Meditation that he can come out of the deadly slush of the vices and evil. It is only through the virtuous ways of working, like benediction, self-control, purity,

sympathy etc. for the welfare of the whole humanity that one can hope to purify the self and attain eternal peace.

An English Nobel Laureate T.S.Eliot in his epic poem 'The Waste Land' highlights this modern malaise of spiritual degradation and bankruptcy of human society. In this poem he also turns to the system of Indian spiritual knowledge for the solution when he finally concludes the poem with the suggestion that man's salvation lies in the godly virtues of 'Datta', 'Damyatta' and 'Dayadhavam' i.e. to give, to control and to sympathise.

PURITY

— Sheila Williamson, Fremantle, W.A.
Australia

Purity is the foundation of Godly study; everything depends on it. Our ultimate aim is to be pure in thought, word and deed. We should have good thoughts, speak sweet words, and do unselfish acts. We must make a promise and have a pure desire to change. Only pure beings can be worshipped. In order to claim the full inheritance we must be 100% pure.

Truth is purity; we become like the Lotus flower.

We must conquer lust as it kills the purity of the soul and gives suffering. Purity gives us clarity of the intellect, it sparkles through the face and our character. Have pure wishes for everyone, purify the atmosphere with the power of Yoga and give others the bliss of purity. The more we remember Baba, see all as a soul, remove all body consciousness, be obedient and faithful, the purer we become. We become worthy to have peace, happiness and prosperity.

RAJYOGA TRANSFORMED MY LIFE

■ Dr. B.K. Bhandari, Shimla

In 1990, my outer appearance used to be that of innocence but my actions were malignant. I led a very materialistic (bhogi) life, taking pleasure in alcohol, dancing at night clubs etc. I was Secretary of the Students' Union at the Medical College, Shimla and was studying in the final year of M.B.B.S.

VISIT TO THE B.K. CENTRE

One day, I was walking down Mall Road, Shimla, on my way home when I saw a big board with a picture titled "Gateway to Heaven". I entered the Brahma Kumaris spiritual museum where Brahma Kumari Sister Anita explained the Godly knowledge to me very politely and invited me to attend the Introductory Meditation Course.

After three days of the Course, taught by B.K. Sister Aruna, I was allowed to sit in the Rajyoga class. I focused my eyes and thoughts on the red light of God Shiva but was afraid to connect with Brahma Baba as I took him to be a guru; I generally avoided gurus as

many of them thought of themselves as the only channel to God and liberator of all human beings. I later understood through spiritual knowledge that all human beings are bound within the Law of Entropy and the only true Liberator is God, the Supreme Soul, who is beyond the effects of entropy.

VISION OF GOD SHIVA

Within 3-4 days of meditation, my eyes were able to visualize golden-red rays emanating from the cascade of God Shiva; these holy divine rays gave me an experience of love and great power. Everything in my surroundings disappeared and my consciousness was elevated to soul-consciousness and God-consciousness. My body felt like a thread and tears continued to flow from my eyes. My heart always craved for parental love as my parents had died when I was very young. God Shiva filled my heart with a true motherly love. I experienced an infinite joy and this inspired me to change my habits of a *bhogi* lifestyle.



BLESSINGS OF SOUL- CONSCIOUSNESS

Brahma Baba used to say, "Bombay and Shimla are *mayavi* cities", that is, they are filled with illusion where anyone can get trapped in outer, artificial beauty. I used to walk for four kilometres to reach the Rajyoga centre; many students used to accompany me on the same road but would get distracted and attracted by the external pomp and show of the Mall Road. It was Baba's boon for me that I could maintain my concentration without being side-tracked. I would only see my way 10 feet ahead and everything around me appeared hazy and cloudy. This continued for one year during which time I passed my M.B.B.S. Examination.

Visit to the Holiest Place — "MADHUBAN"

Within a year of my B.K. life, I took permission to visit Madhuban (Mount Abu), which is undoubtedly the holiest place on earth. I was impressed by

the atmosphere and administration of the Brahma Kumaris' complexes: there was no hierarchy, no system of guru-followers, no blind repetition of *mantras*, practise of rituals without knowing its significance etc. Everyone there is living spirituality in a practical way; they are strengthening the feelings of universal brotherhood, spiritual love and respect for all, and are spreading the vibrations of goodwill and good wishes to humanity.

EXPERIMENTING WITH SPIRITUAL ENERGY

During my first year of internship, I was posted in Obstetrics. I wanted to help the women undergoing severe labour pains in some way and so would keep my hand on their foreheads, remembering Baba and telling Him that His spiritual children are in need of compassion. Many times, I noticed that the pain would subside very soon and my spiritual sisters would stop crying!

As is known, allopathic medicine only believes in what it sees through the microscope or what can be proven through the laboratory and imaging techniques. But the soul and God can only be experienced by the spiritual eye or eye of

wisdom. Many medical people see this concept as hallucinations or delusions but the fact is that people who are psychologically imbalanced and who experience hallucinations etc. are usually disoriented about space and time; their memory is clouded and mind puzzled. But in meditation, the mind and intellect are clearly under one's control. One's memory, powers of judgement, concentration etc. improve over time.

I was once posted in District Kinnour, Himachal Pradesh, which is at a high altitude and a very cold zone (Uttara Khand). Some of the local people started joining the Brahma Kumaris and this wasn't accepted by others. The general thought was that this organisation would change the culture etc. So, many people started threatening me with their tantric (occult) powers. As I remained combined with Baba and practised deep meditation

(putting spiritual powers into use), I was able to defeat the negative forces and carry on with Godly service.

MESSAGE FOR NEWCOMERS

Rajyoga and spiritual knowledge are indeed the greatest treasures gifted to us by God Shiva through Brahma Baba; these liberate us from all sorrow and sins caused by vices and body-consciousness. It makes us recognise our inner strengths and opens up our narrow minds and intellects like a parachute. Apart from nurturing the soul, it has the capacity to lower the risks of psychosomatic diseases like depression, personality disorders and other stress-related diseases, which are rampant in our world today.

Practise Rajyoga meditation and become a spiritual doctor as well...

When I despair, I remember that all through history the way of truth and love have always won. There have been tyrants, and murderers, and for a time they can seem invincible, but in the end they always fall. Think of it...always.

— Mahatma Gandhi

My grandfather once told me that there were two kinds of people: those who do the work and those who take the credit. He told me to try to be in the first group; there was much less competition.

— Indira Gandhi

A SPIRITUAL PARADISE

■ Rajesh, (Kannada Film Artiste),
Bangalore

The first glimpse of Mt. Abu I had in June 2005 when I attended a spiritual programme for artists organised by Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya at Mt. Abu. I took this opportunity to attend this programme. Eminent people from all over India attended the programme ; and I was given the honour to speak twice to the august gathering.

My sojourn at Abu was an eye-opener. Never before had I seen a place where there is complete peace and harmony. The five-star hotel hospitality of the Brahma Kumaris/Kumars, the nutritious and delicious food, mineral water and the pleasant weather have to be experienced to be believed.

Here one is taught not only to nurture the body but also the soul. This spiritual university is only one of its kind in India, where one is taught to inculcate the true values of the soul through meditation. The founding father of this university was Brahma Baba. At present

the Chief Administrator is Dadi Prakashmani and we were fortunate to meet her and receive her blessings. I was told that the trinity of Dadi Prakashmani, Dadi Janki and Dadi Gulzar are the pillars in running this organization.

In this materialistic world man is full of vices—lust, greed, anger, ego etc. His goal is to amass wealth to make his life comfortable and happy. But in this rat-race, he loses his mental peace and happiness. Therefore, to acquire peace, he turns to God.

At Mt. Abu I felt at peace. The sight of the Brahma Kumaris and Brahma Kumars, always dressed in dazzling white with badges having ‘Om Shanti’ embossed on them denoting the purity of their mind, body and Soul, dedicated to the service of mankind, created a sense of peace and purity.

I firmly believe that the right form of spiritual guidance has the power to transform a sinner to a saint. I have believed in God

since childhood because the tradition and atmosphere in my house motivated me to do so. I have read a good number of books on philosophy. I love my religion and respect saints like Adi Shankaracharya, Shirdi Sai Baba and Raghavendra Swamy. I feel that it was my good luck that I was motivated by B.K. Vishwanth and B.K. Ganesh to visit Abu for which I am heartily thankful to them.

At this spiritual university I learnt that God is incorporeal, a point of divine light. He is the ocean of knowledge and the Supreme Power. He is immune to birth and death. Both Soul and the Supreme Soul are invisible, invincible, and indestructible. They cannot be annihilated, killed, or burnt. God is the Lord of the universe. He is Almighty, omnipotent and omniscient. He is the Supreme controller of all the souls on earth. Just as all the rivers flow and at last merge with the ocean; so do all the souls in the end join God Shiva in *Paramdham*, i.e., soul world. Hence man should work for universal peace, prosperity, and harmony, as these are the directions of God and valuable gifts for mankind. ●

ETERNAL WORLD DRAMA—

The Eternal Interplay of Physical and Metaphysical Energies – XXIII

Contd... from September, 2005

Issue

■ B.K. Nityanand, B.K. Colony,
Abu Road

In the foregoing part we have discussed about different states of consciousness that human beings exhibit. We shall continue our discussions on human consciousness as presented by Dr. Deepak Chopra from U.S.A. on January 06, 2005 at Academy for a Better World, Gyan Sarovar, Mount Abu, India: "Anything which can be seen, perceived, conceptualised is not real, but depends on something which cannot be conceptualised, imagined, visualised or perceived, and that something is consciousness. It is this consciousness that conceives, that governs, that constructs, and it becomes what we call mind, and through the mind it becomes... the biological organism through material body which has perception, cognition, feelings, emotions, moods, biological activity, social interaction, and there is an environment too. The whole cosmos is projected as a result of self-interacting dynamics of

the non-local, non-conceptualisable, transcendent reality that our great spiritual traditions talk about. Then it localises in our physiology through activity that is both local and non-local. Local means linear interactions; non-local means interactions in the world of simultaneity, the inter dependent co-arising of events. In a human being this localisation is felt to be through what we call the seven "Chakras" in India. These are the gateways for the non-local, eternal, transcendent, beyond space-time, ultimate reality that localises in our biology. Chakras are metaphors for our consciousness which is non-local but becomes local. In so doing consciousness expresses itself through biology. Biological responses that we have in certain situations are the expressions of our consciousness when it localises... There are seven biological responses that correspond to these seven chakras. The biological responses are:

1. Fight and Flight Response: This is the most primitive response that has been going on in our physiology for millions of years. When we were surrounded by ferocious animals, the only way to survive was either to fight the predator or run away... But, since we are no longer in that situation where we were surrounded by ferocious animals who used to enjoy us for breakfast, lunch and dinner, these responses are inappropriate. When we have inappropriate fight and flight response we call that response as stress—a perception of psychological or physical threat. In truly dangerous situation this response is really useful. Your blood pressure, levels of adrenaline, cortisol rises, heart rate becomes fast, your sweat gland activity increases, body temperature increases, platelets become sticky. All of these are very appropriate because you needed to increase your temperature, heart rate, blood pressure, to run faster; increase sweat gland activity to release excess heat, your pupils dilate, all these are for survival. When the situation is not dangerous, you are not going to run, and then all of these become destructive. So the fight and flight response is responsible for all the epidemics of the modern times—cardiovascular disease, hypertension, cardiac angina

and sticky platelets.

2. Reactive Response: It's the survival response of the ego. When ego is threatened you react. Just like the body has fight and flight response your ego has reactive response. It tries to control a threatening situation by confrontation or intimidation.. you are either nice, nasty, or stubborn – these are the three control dramas, if none of them works, then you play the victim – poor me. So, the four types of control dramas are: nice, nasty, stubborn and poor me. We learn these control dramas at a very early age, about 3 years of age... You become very skilful in this response by eight years, but at 20 years this does not work, because you are not so cute then. Now 99.99% of humanity... including our great leaders of the world are in Fight and Flight response, or in the Reactive Response.

3. Restful Awareness or Alertness Response (RAR):

When you meditate your body is rested, your mind is alert, fully awake, consciousness is not referring back to the ego, but referring back to the soul, it transcends the ego. We are more or less effortless, detached from that which is trivial and mundane; we are much more spontaneous in our activity because our ego is not in the way. According to evolutionary biologists, human beings discovered RAR about 6000 years ago when the sages of Upanishads in India and Soerates, Plato, Pythagoras, Confucius—these great people around the world were transforming consciousness by going into RAR.

4. Intuitive Response: Intuition is a form of intelligence that is contextual, not linear, is relational, holistic, nurturing – lose orientation, beyond cause – result relationship. Intuition is eavesdropping on the mind of the universe... it's far beyond the rational thought... this is the

cause of this. But it is not really the way the universe functions. The way universe functions is – 'Independent co-arising' – means everything is the cause of everything else... Everything in the world is interdependent.. Scientists, today refer to this as the holographic paradigm.. That's why Rumi said—'the whole universe exists in you, ask all from yourself'.. Intuitive response is the ability to go into *samadhi* (deep meditation) and ask a question, or you introduce an intention (*Ichcha Shakti*), and it orchestrates the fulfilment... 'Yoga Suttas' of Patanjali says that if you have *Dhyan*, *Dharana* and *Samadhi* at the same time, you have *Sidhis*. *Samadhi* means the observer, the process of observing, and the observed have become one single consciousness, that is the reality. *Samadhi* is the field of all possibilities, i.e., anything is possible. *Dharana* means you put focused attention in that *samadhi*; *Dhyan* is meditation that takes you there. All the *Ridhis*, all the *Sidhis* are expressions of the Intuitive Response... The Universe, at its most fundamental level is a field of possibilities that responds to intention.

In the forthcoming part, we shall continue with our discussions on biological responses.



Bhubanaswar, Unit-8: B.K. Durgesh and B.K. Aditi tying Rakhi to Bro. Dr. B. Sonapat, V.C., 'Orissa University of Agriculture & Technology' and his wife

SCIENCE AND SPIRITUALITY

■ Debarshi Bagchi, Gaziabad

Albert Einstein said “Science without spirituality is blind and spirituality without science is lame.” Both lame and blind want to have a taste of grapes but cannot until both co-operate and co-ordinate with each other. The basic study of science revolves around atoms. The word atom has come from a Greek word called *Atomos*, which means indivisible or a thing which cannot be further subdivided. Atom is the smallest non-living physical entity. From the same word *Atomos* the word *Atma* (Soul) has also come which means the smallest living metaphysical entity. Life of a human being is the perfect example of the blend of atoms and *Atma*.

The word human has come from a Latin word *humus*, which means soil, which is further made up of millions of atoms and our body is made up of billions of these atoms and the word ‘being’ as per dictionary means any thing which is existing which is ‘I’ or *Atma*.

Thus we can see that when

a blind and lame, science and spirituality, atom and *ATMA*, human and being co-operate and co-ordinate together, a perfect life comes into existence. Just like an atom is made up of electrons, protons and neutrons, similarly *Atma* consists of three faculties called conscious mind, intellect and subconscious mind. Our human body is made up of eight systems. They are:

1. Skeleton 2. Nervous
3. Respiratory 4. Circulatory
5. Digestive 6. Endocrine
7. Reproductive
8. Excretory

All the systems have got their respective regulatory organs for their functioning e.g. lungs for respiratory system, heart for circulatory system and so on.

Similarly the faculties of being have got three systems namely- **thought system** whose regulator is conscious mind, **control system** whose regulator is intellect and **memory system** whose regulator is the Subconscious Mind.

As the study of the system

of human body is called biological science, in the same manner the study of being is called spiritual science.

I shall discuss the topic under the following heads: 1. Thoughts, Actions and Memories 2. Conscious mind 3. Types of thoughts 4. Mind and brain 5. Intellect 6. Subconscious mind 7. Impressions in subconscious mind 8. Associations 9. Conclusion.

Our body, apart from the eight systems has also got five sense organs through which our conscious mind receives information in the form of thoughts and emotions. These information are received by intellect where they are analyzed, visualized, and judged for the best possible actions. And then the body executes the actions through the motor organs. Now these actions are again observed by the sense organs and are registered as impressions in the memory systems or the subconscious mind. This memory system supplies data and information to the conscious mind as and when registered. And this process keeps taking place automatically day-in and day-out.

Let us take the example of a person learning to drive a car for the first time. The conscious

mind gathers information about the techniques of driving through the sense organs. These are analyzed, visualized and judged by the control system and the driving action is taken by the motor organs like hand, legs etc. These actions are observed by the sense organs and the impression of driving technique is registered in our memory or subconscious mind. From now on, the information to the conscious mind is fed both by subconscious mind and sense organs and to our surprise, after some time Subconscious Mind feeds 95% of the information and remaining 5% is supplied by the sense organs. Imagine a situation when the instructor switches on the music system on the first day itself. The pupil finds it hard to concentrate and he will find the music to be disturbance. But after a few days when he becomes comfortable, without music he gets bored and asks for it. The reason is very simple when the subconscious mind takes over, sense organs remains idle. This is the reason why a person goes to the bathroom automatically after waking up in the morning, or the hand automatically goes to the alarm clock before he goes to sleep.

Now let us discuss the

faculties of Soul one after the other. Conscious mind receives and creates thoughts and emotions through the sense organs as well as sub conscious mind. It must be emphasized that 95% of the thoughts and information come to the conscious mind through the subconscious mind or memory.

Now let us see the types of thoughts, which are received by the conscious mind through sense organs and subconscious mind.

Positive Thoughts: Create a balanced state of mind. Thoughts of being peaceful, blissful, lovely, cheerful, powerful are example of positive thoughts.

Necessary Thoughts: Are the thoughts related to routine work, like planning, decisions and executions of task.

Waste Thoughts: The thoughts of past incidents, accidents, actions and thoughts related to future fantasies are waste thoughts. Thus waste thoughts are a state of being in history or mystery.

Negative Thoughts: Thoughts which lead to negative actions like anger, greed, ego, jealousy, hatred, irritation, anxiety, worries, hypertension etc. are called negative thoughts.

It is very obvious that if you have more and more positive

thoughts in your mind, the world will be a better place to live in and by now we are all aware that thoughts are gathered through sense organs and most of them through subconscious mind. Whenever there is any situation, information is sought and if lots of positive impressions are stored in the subconscious mind then only positive thoughts are generated.

Swami Vivekananda said: "If brain is the pond, then thoughts are like stones which creates ripples in the pond."

Let us see the difference between mind and brain. Mind is metaphysical. The thoughts in the mind are like software.

Whereas brain is the physical part of the body which acts like the hardware. Brain is divided into two parts namely left and right. The left brain is used to analyze and the right brain is used for creativity. Without software, hardware is of no importance and without hardware, software loses its identity. So brain and mind are complementary to each other. When Albert Einstein died, his brain was brought to a lab and was compared to another layman brain and there was no difference noticed between them, which proves that the difference was in the mind only.

(to be ...contd. in next issue)

FOUNTAIN HEAD OF HAPPINESS

■ B.K. Shikha, Karnal

The goal of all human endeavour is happiness. Most people possess a materialistic outlook and their happiness centres around wealth. Money is not the end but one of the means to achieve an end, which is happiness and it is not even the best means. Its possession is no guarantee of happiness because it may lead to a desire for more.

It is a fact that money plays a vital role in achieving happiness but only money is no guarantee of happiness. To remain happy one should keep oneself busy. A lonely person tends to be frustrated and depressed. Despite all material gains of productivity, growth and an improved management of resources, man takes refuge in drugs and tranquillisers and when they also fail to bring exclusive peace, he even turns to commit suicide. The tragedy with man is that those very means, with which he had sought to attain his goals, become ends in themselves.

Man needs to realise that material prosperity and growth do not make one happy. Fierce

competition in pursuit of life of recognition brings one into perpetual conflict with others. Let us then realise that happiness is more a question of deposition than position.

For peace and tranquillity, man must turn to nature and learn to look within himself. The famous poet William Wordsworth has said, "Nature never did betray the heart that loves her".

True happiness does not result from external circumstances but always springs from within. The craving for wealth should always be subdued. However, an uncomplaining acceptance of life does not mean that we should not do our best to improve our lot.

Socrates, the wisest man of old Greece, was once asked by the King, "who is the happiest man?" The philosopher referred the king to a poor man living in a cottage. He never desired greater wealth or better conditions than the ones he already possessed.

Unless one attains peace of mind by acting in a virtuous way

and living a virtuous life, one cannot dream of leading a happy life. A poet writes that the happiness of humankind consists in rectitude of mind. One cannot attain happiness and peace of mind unless one has a clean conscience.

God Shiva says: Check the basis of your happiness. Is it based on some limited attainment, or on temporary success? Is it based on the respect received or for the sake of your name? Is it on the basis of limited desires or personal pleasures? The attainment of happiness on the basis of these aspects is not real happiness as it is not eternal. Those people who believe in temporary happiness, have a slogan "Eat, drink and be merry". But when the temporary support finishes, happiness also finishes.

For eternal happiness, always have clean conscience that we are the children of God who is the ocean of happiness and flow with the wave of happiness in every thought, at every second. We are holy and happy swans. So we are constantly full of the treasure of happiness.

If we forget our aim of constantly staying in eternal happiness and go into the limited attainments, we leave the highway and become trapped in the narrow streets. The eternal happiness is an automatic

experience of a happy and elevated fortune.

For eternal happiness, always remember some slogans which great writers, statesmen and eminent persons have given on the concept of happiness; it is for us to decide which ones suit us, which happiness pill we want to take: -

- Happiness is a state of mind wherein you have found peace and fulfilment.
- The way to happiness is best travelled with competent companion.
- Happiness must be sipped, not drained off from life in great

gulps.

- To have joy one must share it.
- The way of happiness is made much brighter by applying the principle – “Try to treat others, as you would want them to treat you.”
- Happiness is an expression of appreciation for the things which we have now. Happiness is today, happiness is now.
- Happiness is in the journey, not in the destination. Happy is the one who has found the self and has lofty, noble aspirations.
- Happiness is knowledge and unhappiness is ignorance.

● Zest is the secret of happiness and well-being.

● Happiness is activity; it is a running stream, not a stagnant pool.

● The secret of happiness – “Hear no evil, see no evil, talk no evil, think no evil”.

● Happiness keeps up the spirit of the one who possesses it and brings a smile to the lips of others.

Happiness grows by our own firesides and is not to be picked in strangers' garden.

Diwali Opens the Gateway to Heaven



■ B.K. Khem Jokhoo. Trinidad WI.

The Indian festivals have deep spiritual significance. Deepawali or Diwali is one of its major festivals.

Diwali opens the gates to heaven or the golden age. God Shiva descends on earth in confluence Age and His main mission is to destroy the ten faces of the evil spirits called Ravan which is celebrated as “Dassehra”. This event closes the doors of the jail of karmic

bondage and opens the gates to liberation and salvation. “Diwali”, is the “coronation of Lakshmi and Narayan” as the first Empress and Emperor of the Golden age.

DIWALI BEGINS WITH GOD’S PROMISE IN GITA

The essence of Diwali is the removal of the “darkness of ignorance” and replacement of it with the “light of knowledge of God”. This revelation can be

found in Gita Chapter-4, Verses 7-8 where God promises that He will descend when there is unrighteousness and irreligiousness in the world. He states very clearly that His descent is for the sole purpose of protecting the virtuous and destroying the evil (Dasshera) to re-establish *dharma* for the return of the deity kingdom, celebrated as Diwali. Diwali opens the gates of the golden age and it is the beginning of the new world.

Diwali reminds us of our main aim and object to acquire and attain the virtues which are necessary to attain perfection to become like Lakshmi and Narayan.

— Godly Service Report —

Contd. from page...1

was attended by engineers, doctors, senior military personnel, including other professionals.

Amongst those who participated in the programme were famous Bengali Film Actress Madhavi Chattopadhyay, Chairperson of Imami Group of Industries Mr. R.S. Agarwal, and Mr. Goenka.

Mr. R.S. Agarwal, while sharing his experience, explained how the knowledge imparted by Shiv Baba helped in imbibing a feeling of tension free life in all spheres of his life. He further added that he felt much protected under the canopy of SHIV BABA at all times.

The programme was highly appreciated since it had a deep psychological effect on the mind in bringing positive transformation through proper understanding of Soul, the Supreme Soul, and the World Drama.

SAMBALPUR

Brahma Kumaris, Sambalpur observed Rakhi celebration from 18th August to 26th August 2005 with great enthusiasm. For this two core groups were formed to cover the celebration which was linked with the theme of "Significance of Raksha

Bandhan for a Value-Based Society". The Pledge Forms to inculcate values in life to bring a Value-Based Society were signed by all the participants. The blessing cards were also picked up by all. The programmes of different days were covered widely by Print and Electronic media and broadcast for the public. One Radio talk on Raksha Bandhan was also broadcast on 18th August, 2005.

On 18th August, B.K. sisters spread the message of purity, brotherhood, co-operation, peace, love and unity by tying the sacred Rakhi to 650 prisoners in Circle Jail, 21 prisoners in Women's Jail, Sambalpur including Jail Superintendent and other staff and also 52 students and teachers of Mentally-Handicapped School, Dhankauda.

Bro. Jagadananda Panda, I.A.S., Revenue Divisional Commissioner, (N.D.), Orissa was also tied Rakhi along with his better half at the centre by Sis. B. K. Parbati.

ABROAD

SRI LANKA (SPIRITUAL SERVICE FOR TSUNAMI VICTIMS)

Representatives of the

Brahmakumaris (BKs) visited the relief camps in Kalmunai and Batticaloa in the Eastern Sri Lanka to serve Tsunami victims, on 24th and 25th September, 2005.

In Kalmunai, they visited the BKs whose houses were damaged by Tsunami. Three of them had lost their houses totally, while the other two had partial damage to their houses.

Nine months have elapsed since Tsunami hit Sri Lanka. Many people in the world believe that everything is back to normal with the victims. But the reality is that 95% of them are still in the temporary huts with no electricity, running water, limited toilet and bathroom facilities – in fact no proper infrastructure. Some of these temporary huts are being upgraded to 2 rooms from single room, but still without any change in the infrastructure. The BKs talked to some people from NGOs which have taken responsibility of rebuilding the houses. They told that the cost of construction materials have been spiralling upwards and all estimated costs are already outdated. Furthermore, there is an acute shortage of construction material and labour even though many NGOs are training the victims to rebuild their own homes.

The aim of the BKs was to introduce spirituality to these

victims. So they came with the plan to have a programme with the refugees. They wrote to the Batticaloa District Coordinator of Tsunami Refugees for permission to conduct the programme in 3 camps. **Mr. Jeganathan, the District Coordinator**, not only gave permission but was personally present at 2 camps throughout the entire programme and was extremely happy with it.

The programmes were conducted in all the three camps, i.e., *Thiraaaimadu Camp, Kalkuda Camp and Onthachchimadam Camp*. Lectures were arranged on Soul and Supreme Soul. Workshops on values and virtues were conducted for children of various age groups. Spiritual games for the children

were a special feature of the programme. At Thiraaaimadu Camp, medical treatment was provided to 120 patients, who were also given a meditation experience. The youth were initially hesitant but got interested soon and their faces shone with happiness, love and enthusiasm. The parents also took a lot of interest. Rakhis were also tied and Rakhi blessings were extremely liked by them. About 2500 families affected by Tsunami got spiritual benefit from the programmes.

FRANCE

Sis. B.K. Shashi from BKs Headquarters Mount Abu arrived in Paris on the 14th of August 2005 from London by Eurostar (Famous train that

crosses the channel under the sea). As 15th of August was "India's Independence Day", she attended a public reception in the garden of the Indian Embassy. There she met the Indian Ambassador and also tied Rakhi to him. She also met many VIP's and tied Rakhi to them.

On 16th and 17th August, Rakhi Programmes were arranged in the B. K. centre.

On 18th August, Sister Shashi left for Grenoble (South-East of France) for retreat-cum-Rakhi programme. Around 200 BKs attended the retreat for 3 days.

On the 22nd of August Sis. Shashi came back to Paris by TGV (Super fast train-300 Km/Hr-Unique in Europe!) ●



FRANCE: B.K. Sis. Shashi giving a public talk to the audience.

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1. Goa: B.K. Sis. Shobha tying Rakhi to Hon'ble Bro. Pratap Singh Rane. Chief Minister of Goa. 2. Ahmedabad(Amaraiwadi): B.K. Sis. Laxmi tying Rakhi to Gujarat's Chief Minister Hon'ble Narendra Modi. 3. Bilaspur: B.K. Sis. Gita applying symbolic Tilak of Soul-Conseiousness on the forehead of Justice S.K. Patnaik, Chief Justice, Chhattisgarh. 4. Bhubaneswar: After tying Rakhi on the wrist of Hon'ble Chief Minister of Orissa Bro. Navin Patnaik, B.K. Sis. Leena, B.K. Sis. Manju, B.K. Sis. Kalpana and others pose for a photograph with him. 5. Raipur: Chhattisgarh's Chief Minister Dr. Raman Singh being tied Rakhi by B.K. Sis. Savita. 6. Ranchi: Hon'ble Chief Minister of Jharkhand Bro. Arjun Munda being tied Rakhi by B.K. Sis. Nirmala. 7. Nalagarh: Hon'ble Chief Minister of Himachal Pradesh Bro. Virbhadra Singh being tied Rakhi by B.K. Sis. Radha. 8. Guwahati: Bro. Tarun Gogai, Hon'ble Chief Minister of Assam being tied Rakhi by B.K. Sis. Alpana. 9. Shillong: B.K. Sis. Neelam tying Rakhi to Hon'ble Chief Minister of Meghalaya Bro. D.D. Lopang. 10. Abu Road: B.K. Sis. Urmila addressing the Headmasters' Forum organised by Sirohi Distt. Education Department. Seated on the dais are Distt. Education officer Bro. Bhanwar Lal Reggar, Bloek Education officer, Bro. Jagdish Rawal and others. 11. Chittorgarh: B.K. Sis. Asha tying Rakhi to Rajasthan's Minister of Industry Bro. Narpal Singh Rajvi. 12. Mumbai (Vile Parle): Bro. Dara Singh of the mega serial Ramayana and a cine actor being applied tilak by B.K. Sis. Preeti.

Abu Road (Shantivan):

Inaugurating the Conference organised by Business & Industry Wing and RERF are Member of Parliament Sis. Nivedita Mann, Rajyogini Dadi Prakashmani, Rajyogini Dadi Ratan Mohini, B.K. Sis. Yogini, B.K. Madan Lal Sharma, B.K. Ashok Gaba and others.



Mount Abu (Om Shanti Bhawan):

Inaugurating the Spiritual Retreat are Justice Rajinder Vyas of Rajasthan High Court, B.K. Brij Mohan, H.E. T.N. Chaturvedi, Governor, Karnataka; Rajyogini Dadi Janki, Bro. Devi Singh Teotia, former Chief Justice, Punjab and Haryana High Court and others.



Abu Road (Shantivan):

Inaugurating the "All India Sarpanch Conference" are Hon'ble Bro. Kantilal Bhuriya, Union Minister of State for Agriculture and Food, Rajyogini Dadi Prakashmani, B.K. Bro. Nirwair, B.K. Sis. Mohini, B.K. Sis. Sarala, B.K. Raju, B.K. Amir Chand and B.K. Vijay.



Bangalore (Kalyan Nagar):

Shri, Shri, Shri Kumar Chander Shekhar being tied Rakhi by B.K. Sis. Nagratna.

Kochi: B.K. Sis. Radha tying Rakhi on the wrist of Justice V.R. Krishna Iyer, Supreme Court of India (Retired).

